

Facets

July 2011

A woman with dark hair is lying down, wearing a thick, green, textured mud mask on her face. She has two thin slices of cucumber placed over her eyes. She is holding a third slice of cucumber in her right hand near her chin. She is wearing a white bathrobe. The background is filled with white daisies and green foliage.

Get away
from it all



Heart-Healthy Breakfast Choices at your Ames Hy-Vee Kitchen

Our mission at Hy-Vee is making peoples' lives easier, healthier, happier. At your Ames Hy-Vee, we want to offer you breakfast options that are good for your heart. Stop in and try some today!

The Path to a Heart-Healthy Breakfast

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Fiber is associated with a significant reduction in coronary heart disease (CHD) risk by lowering LDL "bad" cholesterol. Soluble fiber forms a gel in your digestive system, which binds to cholesterol and removes it from the body without its being absorbed.

- Recommendations: 5-10 gm soluble fiber per day
- 20-35 gm total daily fiber intake.
- Try our heart-healthy Thomas Light English muffin, Sara Lee 45 Calorie & Delightful multigrain toast, Tumaros Low-in-Carbs wrap or Thomas bagel thin to increase your fiber intake.

OMEGA-3 FATTY ACIDS

Evidence suggests that EPA and DHA found in omega-3 fatty acids help reduce risk factors for heart disease including high cholesterol and high blood pressure. Ask for a heart-healthy breakfast and you'll receive Sparboe Omega-3 eggs, which provide 250 mg omega-3 fatty acids per egg.

PLANT STEROLS

Plant sterols are present naturally in small quantities in many fruits, vegetables, nuts, seeds, cereals, legumes, vegetable oils and other plant sources. Both stanols and sterols are essential components of plant cell membranes and structurally resemble cholesterol, so they compete for absorption into the body. Clinical research has shown that plant stanol esters can reduce LDL (bad) cholesterol when 2 servings of foods containing this ingredient are consumed daily. Your Ames Hy-Vee kitchen offers Minute Maid Heart Wise orange juice, which provides ½ your daily need of plant sterols in one, 8-ounce serving.

If you would like to learn more about a heart-healthy diet, contact:



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640 Lincoln Way
515-232-1961
1018dietitian@hy-vee.com



Laura Kimm, RD, LD
3800 Lincoln Way
515-292-5543
1013dietitian@hy-vee.com

Facets

Fac•et - n. 1. One of the flat surfaces cut on a gemstone.
2. The particular angle from which something is considered.

FEATURES



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Get away from it all (without leaving town).

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A girls' weekend in Omaha awaits you.



ON THE COVER

Carly Vinchattle models a green clay face mask. By Amy Vinchattle/Facets

DEPARTMENTS

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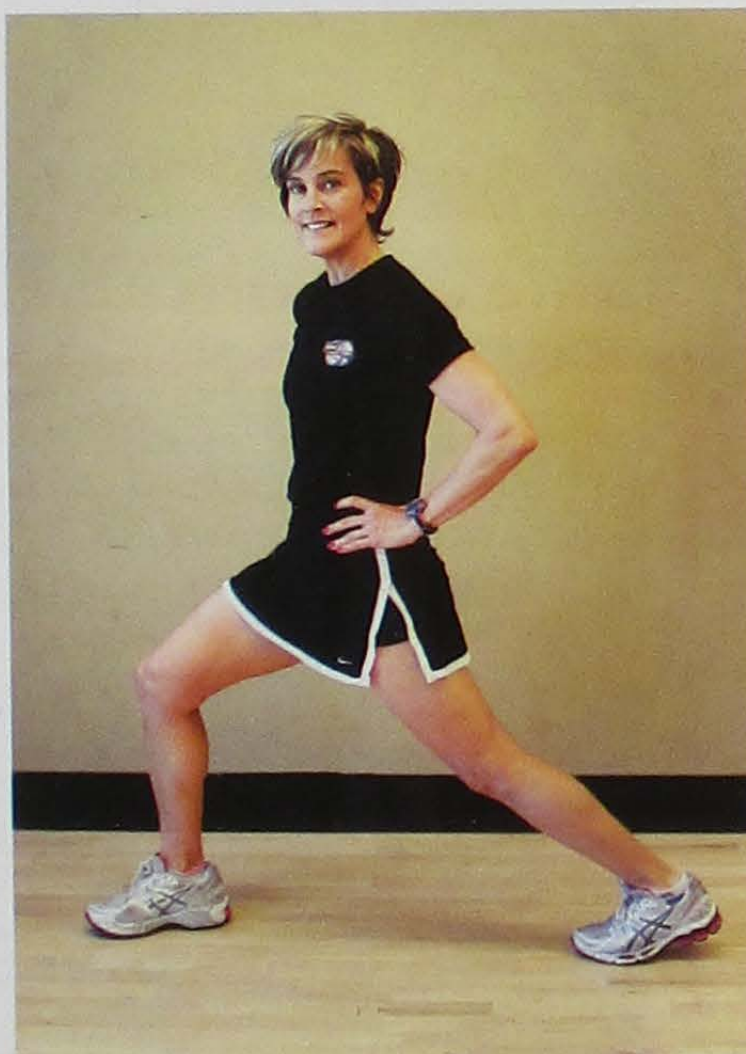
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Time to relax

As a child, my younger sister and I spent summer afternoons during our family's annual vacations to Grand Lake, Colo., trying to trap stray bees in our cabin by luring them toward the window screens. I can't remember our plan entirely, but I believe we thought once we caught one, we'd slam the window down and, well, no more bee. As our parents napped in the next room, we poured maple syrup all over the window screens making what I'm sure was a nasty sticky mess. I don't remember that part, of course (though my parents might). In fact, I don't even remember if we ever trapped a single bee. We weren't sadistic little girls, trying to torture the bees, just bored and trying to entertain ourselves while mom and dad rested.

Nowadays, the idea of a summer mid-afternoon nap seems like a getaway in and of itself. Makes adulthood seem a little dull, compared to what constituted a fun summer getaway in



childhood. Nonetheless, in this issue devoted to summer getaways of every kind, even if it's just a peaceful nap while your sweet children make mischief, we hope you'll find something that you can latch onto to encourage you to kick your feet up and relax.

Our cover story by Paige Godden will lead you through the steps to create your own spa day, even if you can't get away from

home, and without spending that much money either.

For those of you planning to hit the road (or the air) for a summer vacation, Debra Atkinson lays out some tips to keep your body stretched out and relaxed after being crunched up in a car or plane. Dietitian Amy Clark suggests some ways to make healthier meal and snack choices on vacation while still leaving room for the occasional splurge. Peggy Best writes about her annual girlfriends' getaway to Omaha, Neb., and suggests a nice template for beginning your own annual girls' trip. Karen Petersen will tell you how to save your pennies for such a trip. Read on and enjoy your July, wherever it takes you.

And hopefully, if you have children along on your trip, they will be better behaved than my sister and me.

Happy Summer,

Lisa

"A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken."

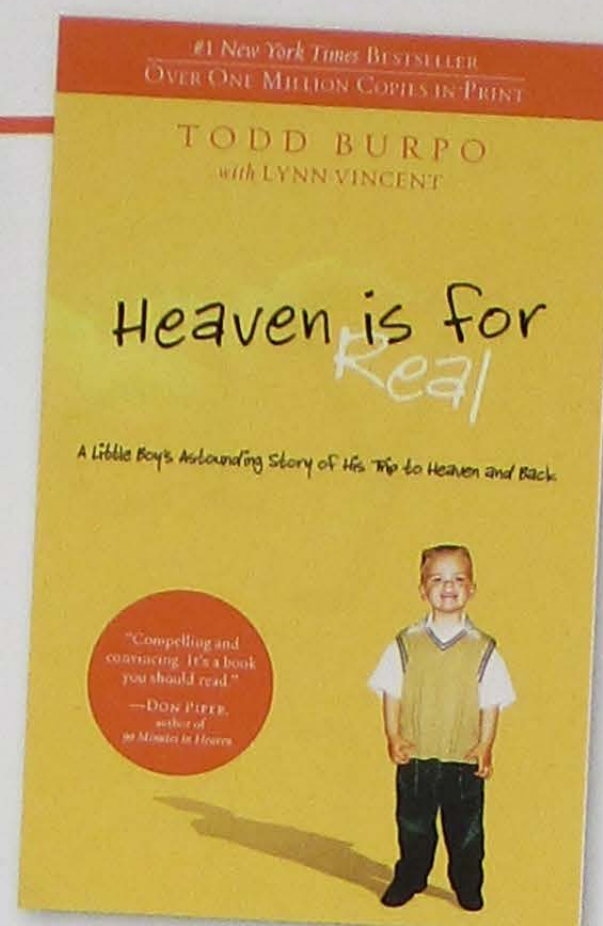
—James Dent

what we're into | JULY

COCONUT MILK "ICE CREAM"

Even if you tolerate dairy well, this spin on an already-delicious summer treat is fantastic. My favorite kind is Coconut Bliss, Naked Coconut flavor.

—Lisa Munger



"HEAVEN IS FOR REAL"

A story about a boy who visited heaven. A truly inspirational read!

—Peggy Best

DRY SHAMPOO

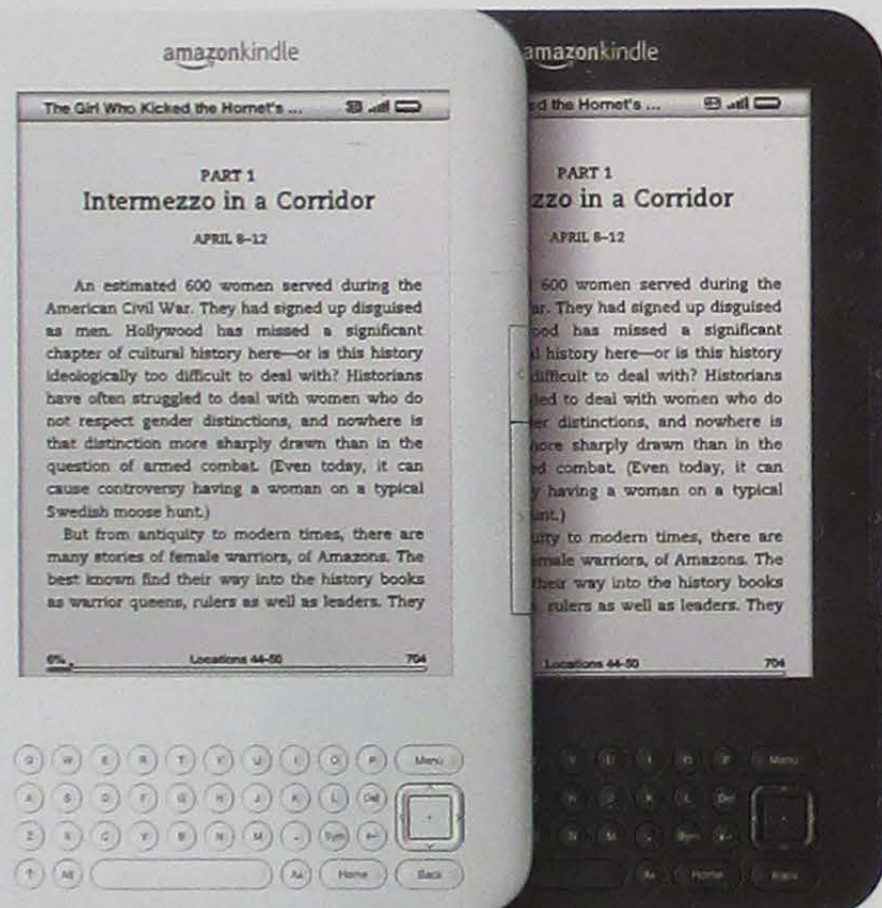
Sounds gross, I know, but it'll keep your hair fresh without having to heat style it every day.

—Lisa Munger

KINDLE 3G

The Kindle 3G lets you download up to 3,500 books and connect to Wi-Fi, and it has a month-long battery life. It weighs less than a single paperback book, and it's easy to read.

—Paige Godden



GIRLS' TRIP TO CONSIGNMENT STORES

Head out of town with a girlfriend or two and hit all the consignment stores you can!

—Peggy Best

PICNIC POTLUCKS WITH FRIENDS

I'm lucky to have some foodies for friends who love to share new culinary creations. We'll meet up on a weekday evening with a dish to share and have a picnic outside. It's my favorite summer activity.

—Allison Suesse



ALOE VERA GEL

A tablespoon a day mixed with a little fruit juice is a great internal cleanser and general summer tonic. Note, this is the kind you can eat, not the neon green-colored stuff you put on your sunburn, though you can put the edible kind on your skin, too.

—Lisa Munger



THE FACE MASK

Wheatsfield's Co-op sells bulk green clay, which is used to make facial masks. The clay offers qualities that can purify and detox skin.

By Amy Vinchattle/Facets

Carly Vinchattle models a green clay face mask.

Get away from it all (without leaving town)

BY PAIGE GODDEN

It's hard to imagine a time when a luxurious spa day doesn't sound like a dream come true. Especially during the hot and sticky summer days. Still, as much as we might like to splurge on a day of retreat, for many of us, work and high prices for spa treatments keep us from the day of pampering we deserve. Here is a way to design a spa day that's both mindful of a tight budget and the constraints of day-to-day responsibilities.

If possible, plan your spa day during a time when you can sneak away for some alone time. If you have children, perhaps you could arrange to trade baby-sitting duties so you could each claim a spa day on successive Saturdays. Tell your significant other your intention for the day so he or she can give you the space to relax and unwind. Gather your supplies in advance, and most importantly — get your spa day in your schedule and go for it!

Kim McDermott, body care buyer at Wheatsfield's Co-op in Ames, has several ideas for an at-home spa day at a low cost. She suggested buying items from the store's bulk section; this way you can buy just the amount you need for your relaxation concoctions.

See page 8 for spa day recipes ►►

SPA DAY IDEAS FROM MCDERMOTT:

(all items available at Wheatsfield's)

BATH BAGS

- 1 part lemongrass
- 1 part dried rose hips
- ½ part rosemary
- ½ part lavender
- 2 parts chamomile

All of these items are said to have properties to promote relaxation. They can be tossed in your bath or steamed for a facial, McDermott said.

LEMONGRASS SKIN TONIC

To detoxify and soothe summer skin, try this:

- 2 ounces aloe juice or green tea
- 8 drops lemongrass essential oil
- 8 drops lavender essential oil

Mix essential oils and aloe juice in a spray mister bottle. Shake well before use.

This can be soothing for sunburns or used as a refreshing mist, said Lea Vogl, wellness manager at Wheatsfield's.

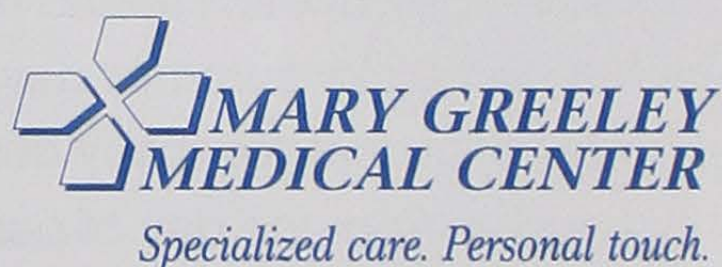
McDermott said Wheatsfield's offers **DEAD SEA SALTS** that were mined from the Dead Sea. When combined with oils like lavender, eucalyptus or geranium, the salts can be soothing to skin and muscles.

LUXURIOUS FOOT SOAK

- 2 tablespoons sea salt
- 1 tablespoon epsom salt
- 1 tablespoon baking soda
- 1 tablespoon green clay
- 8 drops lavender essential oil
- 4 drops cedarwood essential oil
- 2 drops patchouli oil

Mix essential oils evenly throughout the dry mixture into two gallons of hot water and soak feet.

Wheatsfield's also offers **BULK GREEN CLAY**, which is used to make facial masks and foot baths. The clay offers qualities that can purify and detox skin, Vogl said.

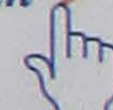


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GET OUT OF THE HOUSE IF YOU'D LIKE

You may want to sit around your house and be lazy on your spa day; if so, go right ahead. If you feel like getting out for your day, here are a few options.

VISIT REIMAN GARDENS

A 14 acre garden, it is one of the largest in Iowa. It features distinct gardens throughout the indoor and outdoor facilities, an indoor conservatory, a 2,500-square-foot butterfly wing and five supporting greenhouses. Reiman Gardens showcases one of the first public rose gardens that incorporates sustainable designs, plants and gardening practices. The price of admission is free for ISU students and CoHorts members. Otherwise, admission is \$8 for adults.



Image courtesy of Ames Convention and Visitors Bureau

DISCOVER ADA HAYDEN

Named after the first woman to earn a doctorate at Iowa State College, Ada Hayden covers 437 acres of land. The lake has fishing docks, a ramp for non-motorized boats, three miles of hard surface pathway, two miles of crushed-rock paths, a shelter and a pedestrian bridge.

DON'T WAIT UNTIL YOU'RE RETIRED — START BIRD WATCHING TODAY

Peterson Park, located four miles north of Ames along the Skunk River, is the perfect place to bird watch in Story County. The website www.iowabirds.org has reports of more than 300 species of birds reported in Story County. A full list of birds that have been spotted is available on the website.

RIDE YOUR BIKE

Ride along the Skunk River on a bike trail that connects McFar-

land and Peterson County Parks. The bike trail is more than eight miles long and winds along the river, farm fields and edges of prairies. There is a connection to an additional six miles of double-track trails and gravel roads north along the Skunk River Greenbelt. The mostly single-track trails are made up of packed dirt and mowed grass, perfect for easy riding conditions.

VISIT A WINERY

Jasper Winery in Des Moines is open everyday and has a tasting room so you can sample the full selection of Jasper wines. Tasting is free, and tours are available on request. Cheese and other wine-related items are also available. Additionally, there is a cafe area and a large outdoor patio so visitors can sit and enjoy a glass of wine.

The Prairie Moon Winery in

Ames has an 18-acre vineyard. Prairie Moon embraces the peace of the Iowa countryside, with a fully restored antique bar, works by local artists and wine tasting. It's open Wednesday through Sunday.

LISTEN TO MUSIC

The Vinyl Café on Kellogg Avenue in Ames is a small record shop that serves coffee and espresso drinks. The shop's inventory is constantly changing and has a free listening booth. The Café also has CDs, tapes, eight-tracks, 45s, musical equipment and guitars.

Of course, you'll need to have some yummy food for your day. Yummy and maybe even kind of healthy, too. Here are a few choices:

THE CAFE

The Cafe in Ames features deli-

cious food, with a rotating seasonal menu, including soup and salads along with grilled fish tacos, veggie burgers and lettuce wraps. Most of the meals on the lunch menu are less than \$10.

CAFE MILO

Cafe Milo on Mortensen Road is another nice choice for lunch. You can grab an iced green tea or fresh fruit smoothies to pair with hot and cold sandwiches or soup and salad combos.

Wherever your spa day takes you, make sure it's all about you. When was the last time you had a day all about you? Chances are it's about time.

Reach Paige Godden via email at Paige.Godden@gmail.com.

— Lisa Munger contributed to this story.

From our hands...to her heart!

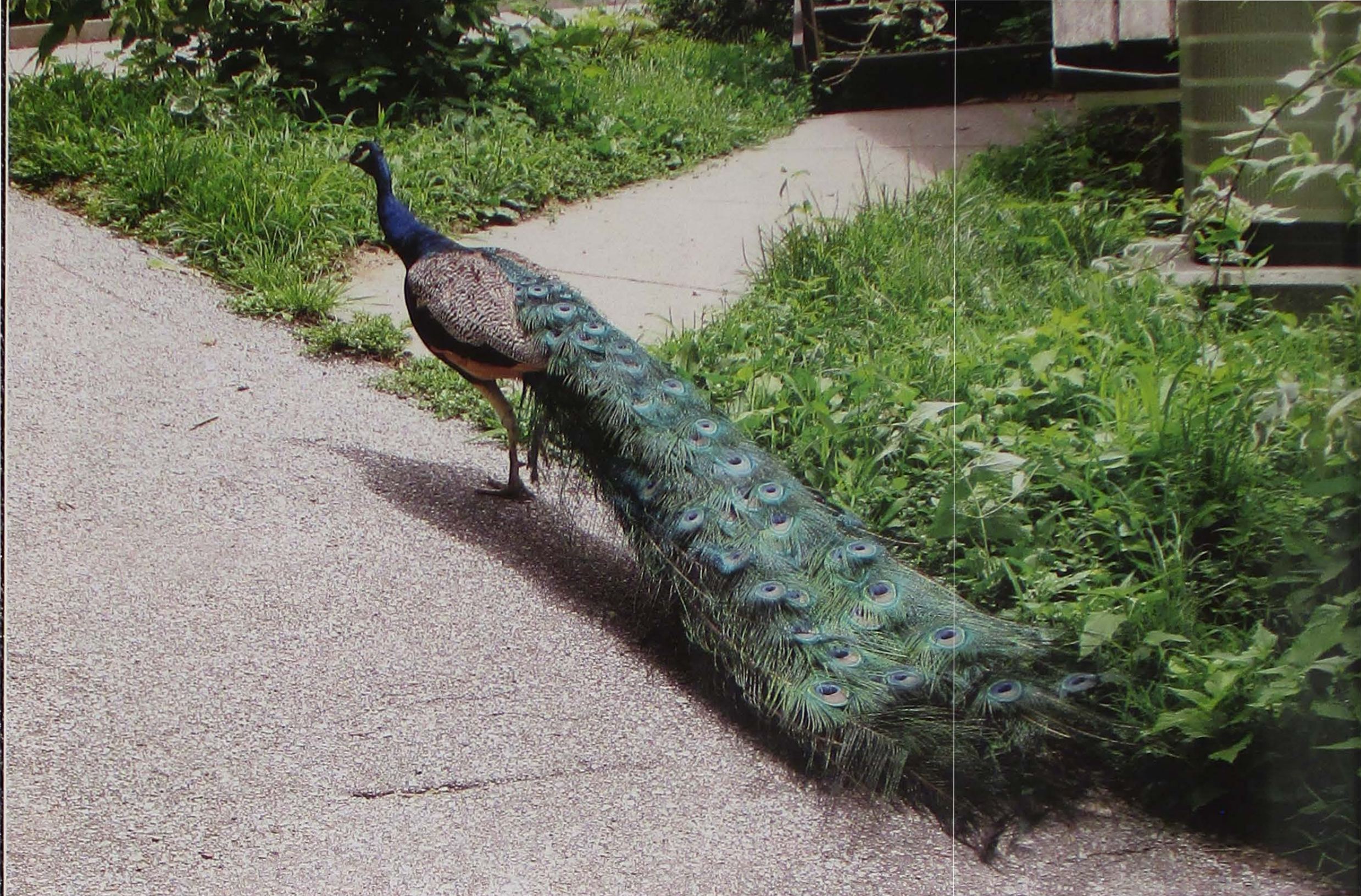


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By Peggy Best/Facets

Omaha's Henry Doorly Zoo is one of many attractions you can visit on a girls' weekend trip.

Go west, young gal

A girls'
weekend
in Omaha
awaits you

BY PEGGY BEST

Planning an annual girls' weekend is almost as enjoyable as the weekend itself.

A girls' weekend works well when there are no more than four of you, so everyone fits into one car and you can share one hotel room. For a vacation just a few hours from home, you can usually get by on \$200 or less per person for lodging, gas and meals.

A fun place to visit, with the bonus of it being an easy drive, is Omaha, Neb. Try to plan your trip on days that the weather is cooperative, as

many of the activities are outside. Find a hotel within walking distance of downtown's historic Old Market area, where you can spend time people watching, shopping and eating. During the summer, on Saturday mornings, there is a fantastic flea market, and on many weekends there are special art fairs and events in the Old Market. Always top off your Old Market excursion with a visit to Ted and Wally's Ice Cream shop for their famous ice cream. After the ice cream, if you are feeling brave, try your turn on the big aluminum slides at Gene Leahy Mall. (Sit on a piece of wax paper, and you'll laugh and scream the entire way down.)

Within walking distance of Old Market you can take a gondola ride at the Heartland of America Park and then walk to the Bob Kerrey Pedestrian Bridge. This 3,000-foot bridge is lit at night and creates a spectacular view. Halfway across the bridge is the marked border of Iowa and Nebraska. Make sure to take pictures standing in both states at the same time. At the foot of the bridge in the Lewis and Clark Landing, kids will find a water fountain area to play in. This area hosts several outdoor concerts and events throughout the summer months.

Along the river, you'll find a great restaurant called Rick's Boatyard Café. It offers ample seating inside and out. On a warm afternoon, watch ski boats run up and down the river while enjoying a tasty meal.

A quick drive from the Old Market area is Omaha's Henry Doorly Zoo. The zoo is huge, and you can easily spend the entire day visiting. If it's too hot to handle being outdoors, check out the zoo's extensive indoor habitats.



By Peggy Best/Facets

Try the big aluminum slides at Gene Leahy Mall on your girls' weekend trip to Omaha.

The zoo is complete with an I-Max theater, butterfly pavilion, aquarium, aviary, safari park and a lot of gorillas. You can't help but have a fun time and feel like a kid.

Also nearby, you'll find the Lauritzen Botanical Gardens, offering everything from a traditional English rose garden to hummingbird and herb gardens. In the same

area is Rosenblatt Stadium, where the NCAA College World Series is held. Take in an minor league Omaha Royals baseball game to top off your evening.

If you've never had a girls' weekend, remember to set a few rules to make for an easier trip. Keep a budget in mind and agree on what price point is agreeable

to the group before you start your planning. Once the trip is under way, agree that it's OK if someone in the group doesn't want to do everything. Always be flexible. If you drive by an interesting-looking consignment shop and one person wants to stop, then stop. Agree to never keep a rigid timeline. Agree that it is perfectly acceptable if a 4-hour drive takes you 8 hours to get there, as long as you are having fun along the way.

And always, take pictures. It's fun for everyone to have their own camera, then designate one person to collect everyone's photos from flash drives and put them all together on discs to distribute to the group. You are lucky if one of your friends has some kind of software to do fun things with photos. It is a great way to remember the trip.

A girls' weekend away can be rejuvenating and refreshing and bring out the kid in you again, without breaking the bank.

Reach Peggy Best via email at pegathome554@msn.com.

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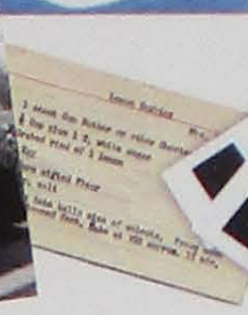
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renewal makeover | KENDRA PLATHE

AFTER



THE CUT

Stylist Alan Randall was faced with the challenge of keeping a long cut and making it work with curly and straight hair. Kendra Plathe, an Iowa State University student, is growing her hair out, but she said she was ready for a change. Randall cut off about three inches of hair and trimmed up her layers to give the style a cleaner look. He said for someone with her hair texture and curl, he may recommend a chin-length bob.

THE COLOR

Randall decided incorporating a lighter color and a darker color was the way to go. He did a chunky highlight around her face to give the color more dimension and so it would stand out when her hair is curly. He did a lowlight around the rest of the hair. Randall chose a level five brown color. He said he went sort of ashy to give her hair even more dimension. He said he didn't want to put in a red or orange because it would have ruined the tone of her hair.

THE MAKEUP

Since Plathe doesn't wear much makeup during the day, besides mascara, Randall kept the makeup as natural-looking as possible,

BEFORE



using neutral colors from an Inbloom eye pallet.

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Think before you leap: The chlorine in swimming pools can result in greenish tinges.

Chlorine can give hair a greenish tint

Q Can hair coloring turn my hair green if I'm exposed to a lot of chlorine (swimming pool)?

A Yes. The chlorine in swimming pools can react with the base color of some hair color formulas (particularly those that have blue, blue-violet and violet bases) and can result in greenish tinges.

Exposure to chlorine bleach can result in yellowing in many other fibers, particularly in natural fibers such as wool. Hair is a naturally-grown fiber and generally responds in much the same way. When the chlorine reacts with the pigments in the hair to disperse them, the heat created by the chemical reaction can cause the chlorine to induce some yellowing. The yellowing combined with the base colors of the hair color found in the hair can result in greenish tints to the hair.



JOSHUA DUCHENE

A Odds are there is going to be someone who is allergic to some ingredient in any given hair color product. This is why it is required to do patch tests prior to using any permanent hair color. Generally speaking, there are a number of hair colors that use natural ingredients and are formulated to exclude the most commonly known allergens in many hair color products. These hair dyes may not contain common allergens, but they can't be considered hypoallergenic, and should still be tested prior to use for sensitivity.

Among the companies offering natural hair color products are Cosval with the Santotint line of products and EcoColors, which has its own line of natural-ingredient hair dyes. These companies also have online ordering and ship to a wide area. If you find you are allergic/sensitive to most permanent hair colors, perhaps you should look at using semi-permanent or even temporary hair color, as these are often even less likely to cause allergic responses.

Joshua Duchene is the artistic director at The Salon in Ames. He graduated from La James Cosmetology School in Des Moines. Reach him via email at jduchene@thesaloninames.com.

Q Are there any hair colors that do not cause allergic skin reactions?

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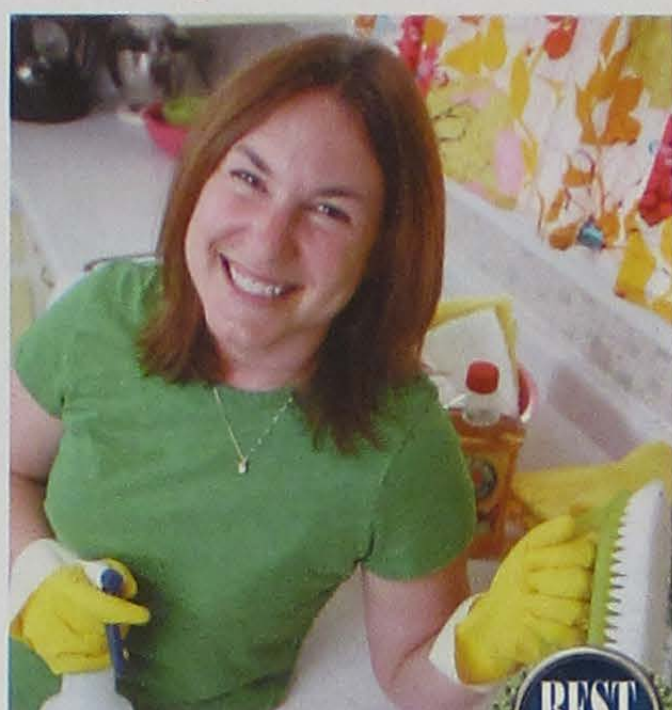


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nourishment | EAT AND RUN

Eat right on the road

Have you been ever tempted to abandon your healthy eating pattern while on vacation?

Vacation is a time where routines are broken, people unwind, rejuvenate and try new things. It's also a time when many people put a healthy lifestyle on hold. If you want to maintain a healthy lifestyle during your next vacation, try these tips.

Include scheduled meals and snacks in your vacation itinerary. Just as you might plan an itinerary for sight-seeing, pampering, relaxation and entertainment while on vacation, think about an eating itinerary. With vacations offering endless opportunities to eat, meal-planning can help reduce the likelihood of veering off your healthy eating plan. Strive to maintain a regular meal pattern by scheduling your activities around three meals. If it's difficult to schedule three meals a day, try planning smaller meals or snacks. It's likely to save you some money, too. Snacks help you avoid getting hungry and prevent you from overeating at mealtimes.

Research destination or area restaurant menu options and order smart. Many restaurants offer menus online, which can help you prepare for what food choices you'll make ahead of time. If it's a dinner dish higher in calories than what you'd normally eat, eat a lighter breakfast and lunch, but don't skip meals. Indulge in the good food by loading up on dishes that are packed with steamed vegetables, whole grains, lean meats, poultry or seafood. Don't be afraid to make special requests. Ask for low-fat dressings, substitute a baked potato or salad for fries,

order a sandwich made without cheese or request gravy on the side. These small changes can help keep you on track. And remember, the trick to enjoying high-calorie foods is to eat small portions.

Use hunger cues to recognize when and how much you need to eat. Try eating with your mind and not your eyes. Ask yourself if you are truly hungry before you eat. Signs of hunger include hunger pangs, decreased energy, trouble concentrating, lightheadedness, headache and irritability. Don't let what is left on your plate determine your fullness — chances are the portions you've been served are double what you need. Consider asking for a half order, or split a meal with a friend or family member. Drink at least two glasses of water or enjoy a salad with low-fat dressing before the meal to help you get full. As always, chew your food slowly and enjoy what you are eating.

Offset eating excursions with physical activity. Whether you are at the beach, museum or theme park, walking can easily be incorporated into your day. Many hotels have a pool or fitness facility, so pack a swimsuit and exercise clothes. Try new adventures such as hiking, mountain climbing or kayaking. Remember, the more calories you burn, the more you can eat.

Vacation only lasts a few weeks out of the year, so ultimately, don't worry too much. If you follow a healthful meal plan during the rest of the year, you can afford to relax and enjoy your favorite treats during your vacation.

Amy Clark is certified in adult weight management. Her goal at Hy-Vee is to increase awareness in the community of the impact nutrition can have on well-being. Reach her via email at 1013Dietitian@hy-vee.com.



AMY CLARK



PACK A COOLER WITH THESE HEALTHY SNACKS:

- String cheese
- Light yogurt or yogurt tubes
- Lean deli meat
- Skim chocolate milk, skim and 1 percent milk in single-serve containers
- Baby carrots or carrot chips
- Grape tomatoes
- Plums, nectarines, grapes, apples, strawberries
- Water

PACK A REUSABLE BAG WITH THESE ON-THE-GO ITEMS:

- Whole grain crackers: Kashi, Triscuits, Wheat Thins Fiber Selects, All Bran
- Pretzels
- Soy crisps or baked chips
- Peanuts or soy nuts
- Fruit cups with no added sugar
- Mini bags of low-fat microwave popcorn
- Fiber or cereal bars
- Bananas
- Trail mix with nuts and dried fruit
- Dried fruit (cranberries, cherries, apricots)

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You can learn a lot from full financial disclosure

Did you know?

- Financial compatibility is one of the greatest predictors of a successful long-term relationship.

- Eighty percent of men die married, while 80 percent of women die single.

- It's good to get "financially naked" in a committed relationship.

My skeptical, sometimes irreverent-self had two questions as I read these things.

If I have a financially compatible marriage, will I be married when I die?

If I don't have or want a committed relationship, do I really have to get financially naked?

Well, the truth is we don't know if we will die single or married. All of us can benefit from getting financially naked.

While "Getting Financially Naked," would be a great title for a book, I use a little less-dramatic term: full financial disclosure. Full financial disclosure is what you owe, what you own, how much you earn, your credit score and your assets — and much, much more than just disclosing the numbers. Full financial disclosure includes how you think about money, including your goals and fears.

HERE ARE FOUR IDEAS TO HELP BRING OUT FULL FINANCIAL DISCLOSURE:

1. LISTEN TO YOUR INTERNAL MONEY TAPE

All of us have an auto-start money tape. Yours may begin as you decide if you will make coffee at home or buy a cappuccino. Other tapes activate only when the decision involves more than \$1,000. We are all different, but we all have that life-programmed tape.

What does your tape tell you? What activates your tape? Is the information accurate for your life today? If not, you can change the tape.

2. MAKE A LIST

Allocate at least 30 minutes of uninterrupted time. Gather unlined paper (This is to remind yourself there are no limits.) and your favorite pen or pencil. Contemplate this question: How would I live and what would my life be like if I were financially independent? The financially independent that I would like you to think about is not Melinda Gates' level, but a level of no financial con-

cerns in your life. Think and write for 30 minutes.

3. WHAT DID YOU LEARN?

Did your answers surprise you? How would you use your money if you knew you had plenty? Would you to help others? Buy a faster car? Take your extended family on vacation? Putter in your garden and read a book? Were you more materialistic than you thought or were you more charitable than you expected?

4. USE THIS INFORMATION

JUST YOU

This exercise is important even if you are not in or contemplating a committed relationship. You are in total control. There are good and not-so-good parts of having control:

You can make all the decisions.

You are the only one making financial decisions.

One of the best ways to make this exercise valuable is to share your answers and insights with a friend or small group of friends. If another person knows your ideal life, he or she can help you be true to your how you want to live.

FINANCIALLY COMPATIBLE RELATIONSHIPS

If you are in or contemplating a committed relationship, do the above exercises together.

Compare how you think about money and your ideal lives. Can you look ahead and see a compatible future?

And what if one of you doesn't want to talk about money or participate in exercises to help you learn about each other's money thoughts and habits? Take a step back and consider the importance of full disclosure before the relationship becomes permanent.

NEED A LITTLE HELP?

- Money conversations can easily go from conversation to battle. Meet with a professional to get input, keep the conversation to facts and make a plan to move forward.

- Talk about money frequently and not just in times of stress.

- Respect each other's joy points; allow and expect differences. Because life is ... more than money.

Karen L. Petersen CFP® CDFA™ is a fee-based financial advisor. She graduated from ISU in family resource management. You can contact her at (515) 232-2785 or karen@mymorethanmoney.net.



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Have a fit trip

Vacation, time to get away. The idea for most of us is rest, relaxation and some indulgent

pampering. Yet it's hard to come back rested if you spend too many lazy days indulging in an excess of calories and cocktails in the cabana. If your last vacation left you in need of another vacation to re-

cover, rethink your travel plans to keep your health in mind. You don't have to be headed to a century (100-mile) bike ride, mountain climbing or to a spa to have a healthy adventure this summer.

Before leaving home, find out what fitness opportunities your hotel offers. While most will have a pool, others may offer tennis, walking paths, bike rentals and full gyms. If the hotel doesn't have a gym, it may be affiliated with a nearby fitness center and have a discounted rate. Then pack the appropriate clothes, shoes and gear.

Plan some active days. Find spots along your journey to hike a trail, play golf, walk along the beach or rent bicycles. It all adds up, even if it's not your typical workout intensity.

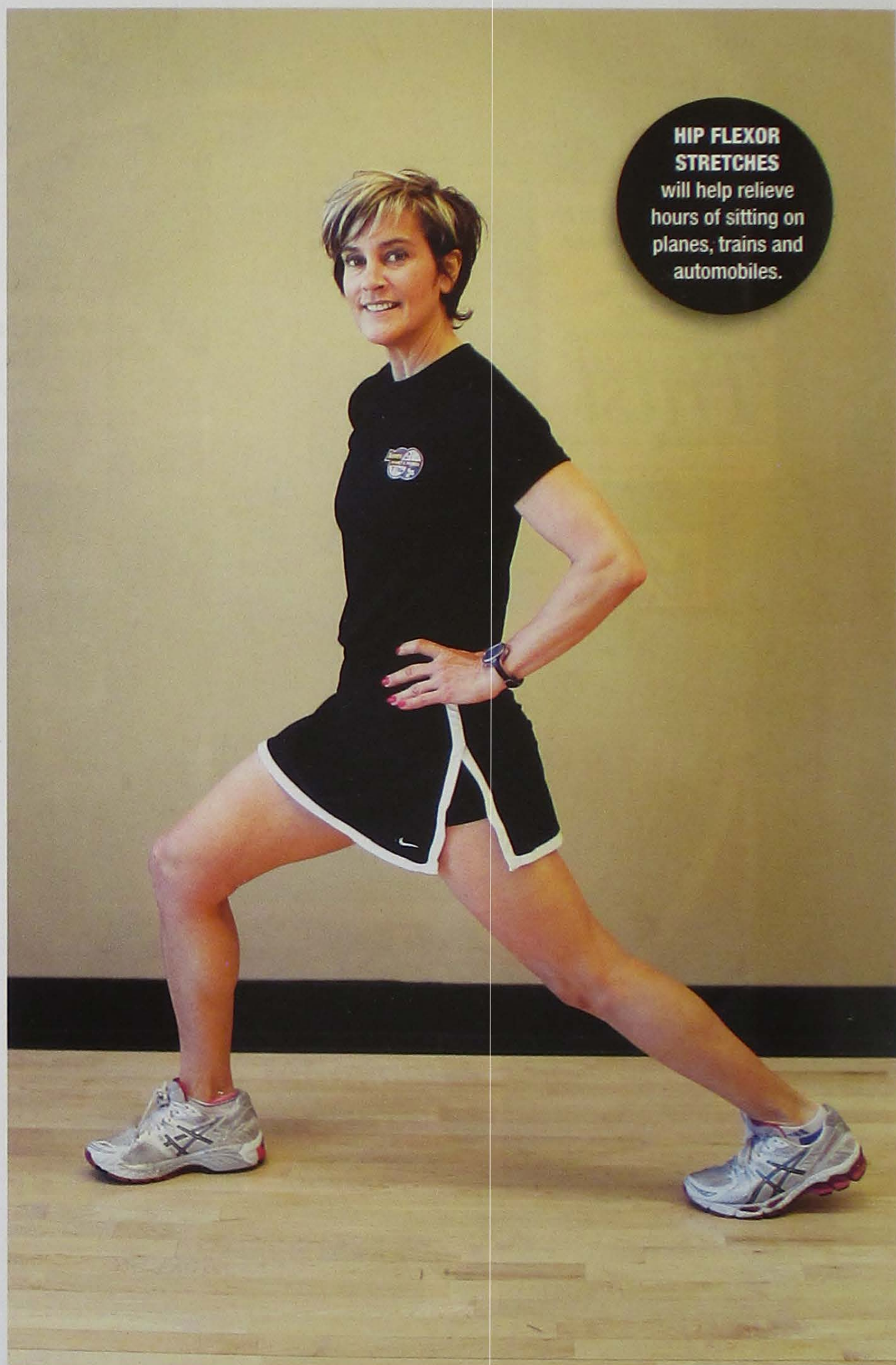
Design your own hotel room workout. All you need to pack is some lightweight, low-cost equipment that won't increase your luggage fee: resistance bands, a jump rope and a sticky mat. Most bands will come with illustrated exercises. You can also do push-ups, core exercises, lunges, squats and triceps dips on a chair. Pay a little extra attention to travel-weary muscles with the stretches and strengthening exercises you see here. Check with your trainer or physician to make sure the stretches are appropriate for you.

TRAVEL EXERCISES:

- **Hip flexor stretches** (right) will help relieve hours of sitting on planes, trains and automobiles, even soreness brought on from riding bicycles. For a nice hip flexor stretch, come into a lunge, stepping one foot forward, making sure your knee does not go beyond your ankle. Make sure your back knee is behind your hip so you

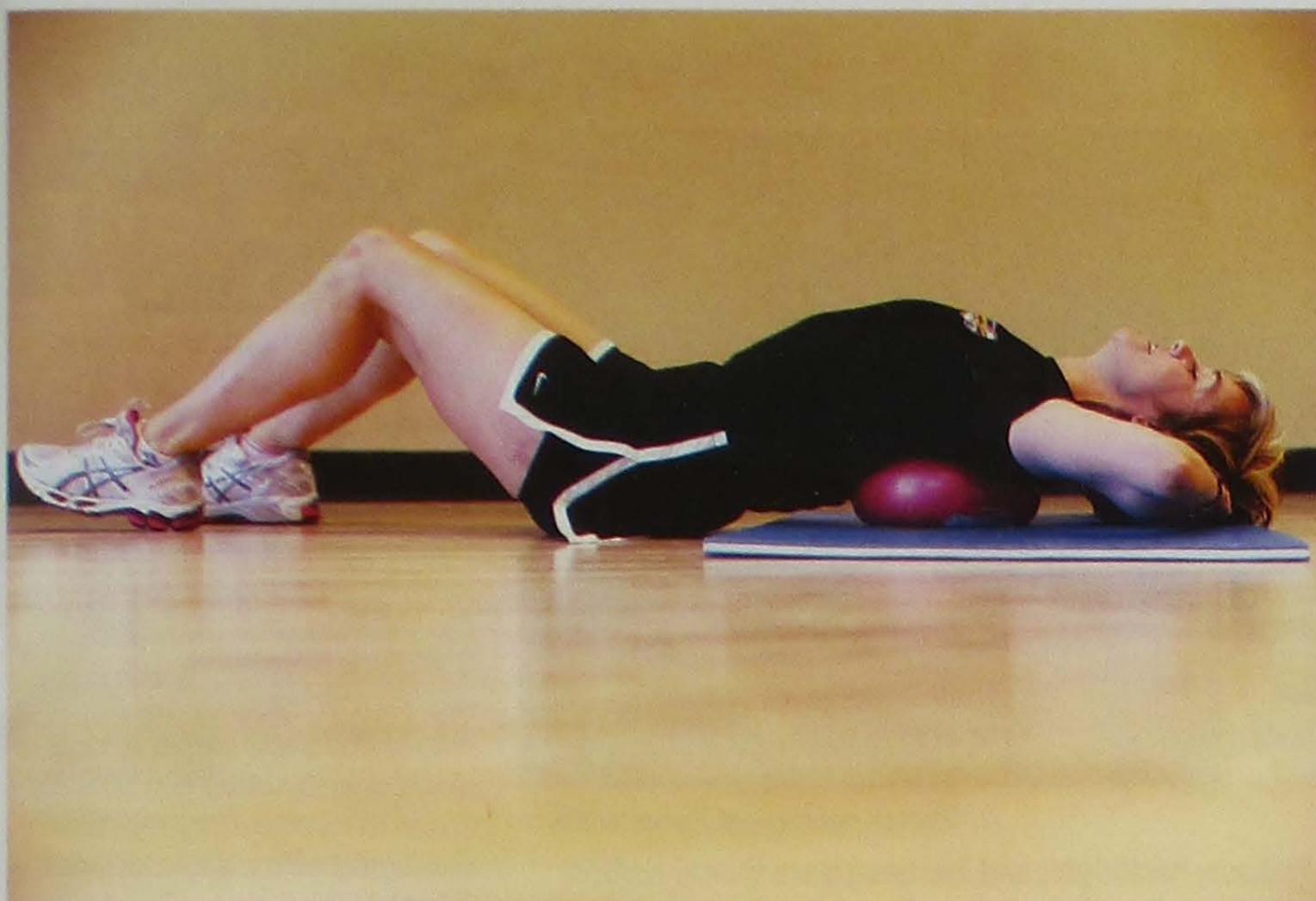


**DEBRA
ATKINSON**



By Amy Vincattle/Facets

Debra Atkinson demonstrates a hip flexor stretch that is helpful when traveling.



By Amy Vinchattle/Facets

Debra Atkinson demonstrates an upper back release stretch.

feel the stretch. Imagine pointing your tail-bone down toward the floor to enhance the stretch.

- **Chest stretch.** Push-ups are an easy to do travel exercise. If your chest is already tight, and you're round-shouldered from sitting for long periods of time, push-ups can make that chronic problem worse. Better to stretch the chest and strengthen weak upper back muscles to help you feel better. You can try the stretches at right to loosen up your chest, or you can bring along some tennis balls to implement the stretch shown above.

- **Core exercise.** Try hovering in a plank position, like the top of a push-up. Make sure your elbows are not locked and that you don't sink down between your shoulder blades or allow your lower back to hang unsupported. Roughly, you want to bring your shoulders and hips to the same level. This stabilization exercise travels well and requires your back and core muscles all to fire, whether you think about it or not. If you've been sitting for too long, your core is crying out for this type of lengthening support.

You can perform these stretches and light exercises daily in your hotel room or at a rest stop for that matter. These will help you release tight muscles and call the lazy ones to action, readying you for more activity if you can fit that into your vacation plans. If not, they'll still help long trips be much more pleasant and comfortable.



By Amy Vinchattle/Facets

Debra Atkinson demonstrates the Superman stretch.



By Amy Vinchattle/Facets

Matt Kenny demonstrates a chest stretch.

Debra Atkinson, M.S., C.S.C.S., graduated from Iowa State University, where she has also taught in the department of kinesiology for 12 years. She has been a fitness professional, writing, speaking and practicing for 25 years. Reach her via email at PTDirector@amesracfit.com.

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faceted woman | RANEL WALLACE

Name: Ranel Wallace

Position: I am a stay-at-home mom. I also home-school our children.

Family: My husband and I met at ISU through The Salt Company, which is the college ministry of Cornerstone Church. First we met Jesus, then each other — both changed our lives! After graduating, we were married and decided to stick around. We loved Ames, we were fairly close to our families, and we both had jobs here. My husband still holds his same job as Director of Music Ministries at Cornerstone Church. We love being in ministry. We've been married for 15 years and have four daughters: Keaton, 12; Makenna, 10; Alayna, 8; and Sierra, 5.

Age: 39

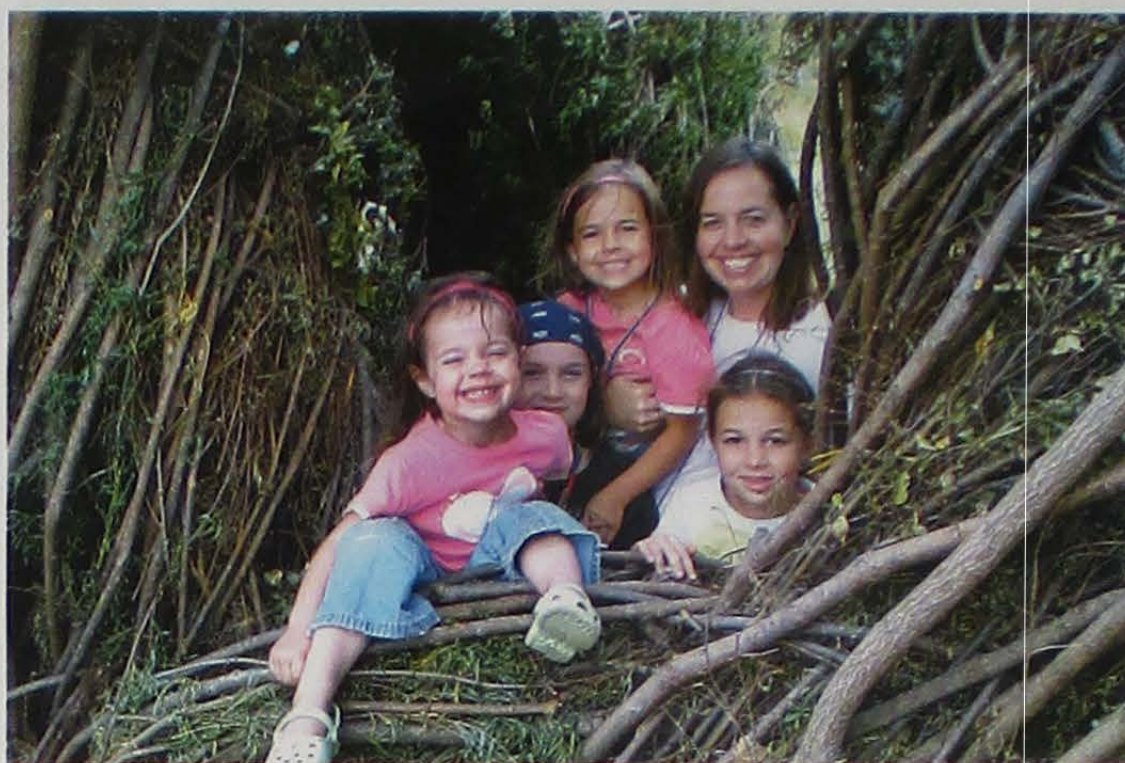
A favorite quote: "The purpose of your home is not to run a well-oiled machine, but to create a dearly loved foretaste of our true home (heaven). If you spend your day striving for a home that looks devoid of family life, you will quickly find yourself devoid of family life." — Amy Roberts. Ahhh, perspective!

What makes you feel confident?

My identity in Christ. Everything in this world can change in an instant. But I will always be His child.

How do you take care of yourself financially?

We live by financial principles like stay out of debt (You really can live within your means and be content with what you have.), give a bunch away (It's not ours anyway — everything we have comes from God.), and don't put your hope in things that money can buy (It all can be lost so quickly,



Photos courtesy of Ranel Wallace

Above: Ranel Wallace, back right, and her daughters Sierra, Keaton, Alayna and Makenna, left to right. Below: Ranel and Todd Wallace.



and it never fully satisfies anyway). We're also committed to teaching our daughters about being financially responsible. Spending habits are often generational.

If you could do or be anything you want, what would it be?

A stay-at-home mom. I am living out my dream job! Seriously, it's all I've ever wanted to do. I'm so thankful to God and my husband for the privilege.

What financial advice would you give other women?

If you want to, it really is possible to live on one income. Our culture is saturated with the belief that it takes two incomes to raise a family. It doesn't. It does, however, take quite a bit of creativity and commitment. You just have to decide what you really want. Ecclesiastes 4:6 says, "Better one handful with tranquility than two handfuls with toil and chasing after the wind." That pretty much sums up our family's belief on this. We only have "one handful" of income, but it's brought tremendous tranquility to have one of us at home, managing life. And it's also enabled us to be the primary ones who raise our children in these critical, foundational, early years when we want to lay down a biblical worldview. ... We've had to live very intentionally, but we're so glad I'm staying home. The purposefulness and benefits are exactly what we both want. And now it's enabling us to home-school our girls as well. So for those who want to consider forsaking an income so as to

be home with their "treasures" ... you really can do it. But you have to choose it.

What are you reading?

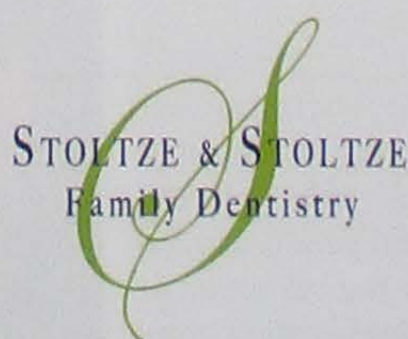
One of my favorite books is "Honey for a Child's Heart. The first half emphasizes the power of story and the value of reading. The second half is a booklist, by age and genre. I am not very well-read, so in raising our children I'm catching up on all I missed. Using that book for recommendations, I'm currently just reading classic children's literature right along side my older two girls. It's so fun to share a story together. Our family also loves to do read-alouds.

Who do you admire and why?

My husband — he's my hero! I would need another article to list all the reasons why.

Describe your best life adventure yet.

Vacations! Every year, we pack up our van and head off into the distance, usually north or west, for two weeks. We've camped and we've stayed in rented cabins, but we usually pick someplace fairly remote. Our goal is to literally "get away." We mostly read, rest and just have fun together. But every trip is an adventure. One year, we found this quirky zoo on someone's acreage where you could hold baby lions, bears and wolves. Another year we borrowed a pop-up camper, only to wake up to snow in late June in Colorado! ... Every year is a new experience with new challenges to face (Something always goes wrong.), but we love getting to see new things and having the chance to be resourceful when needed. We also love being in God's great outdoors. His creation is amazing.



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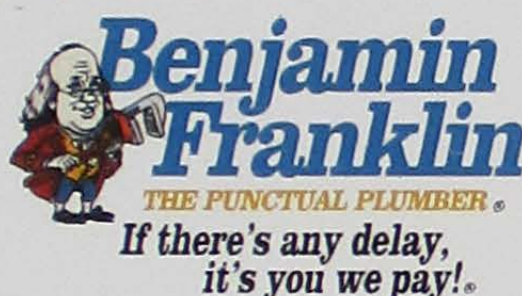
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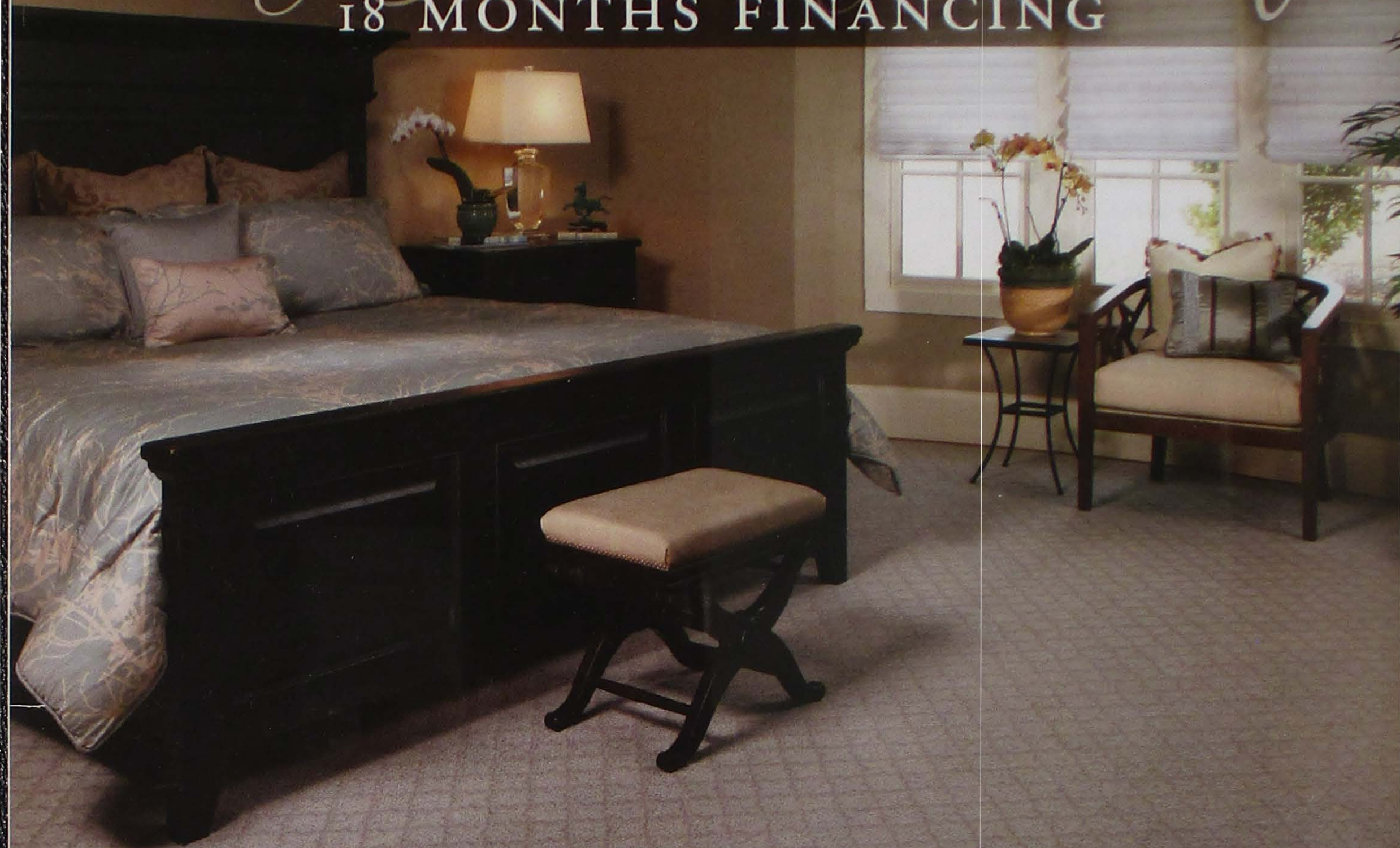
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